



*Elderly Commission*  
Thomas M. Menino, Mayor of Boston



# Boston Seniority

January 2007

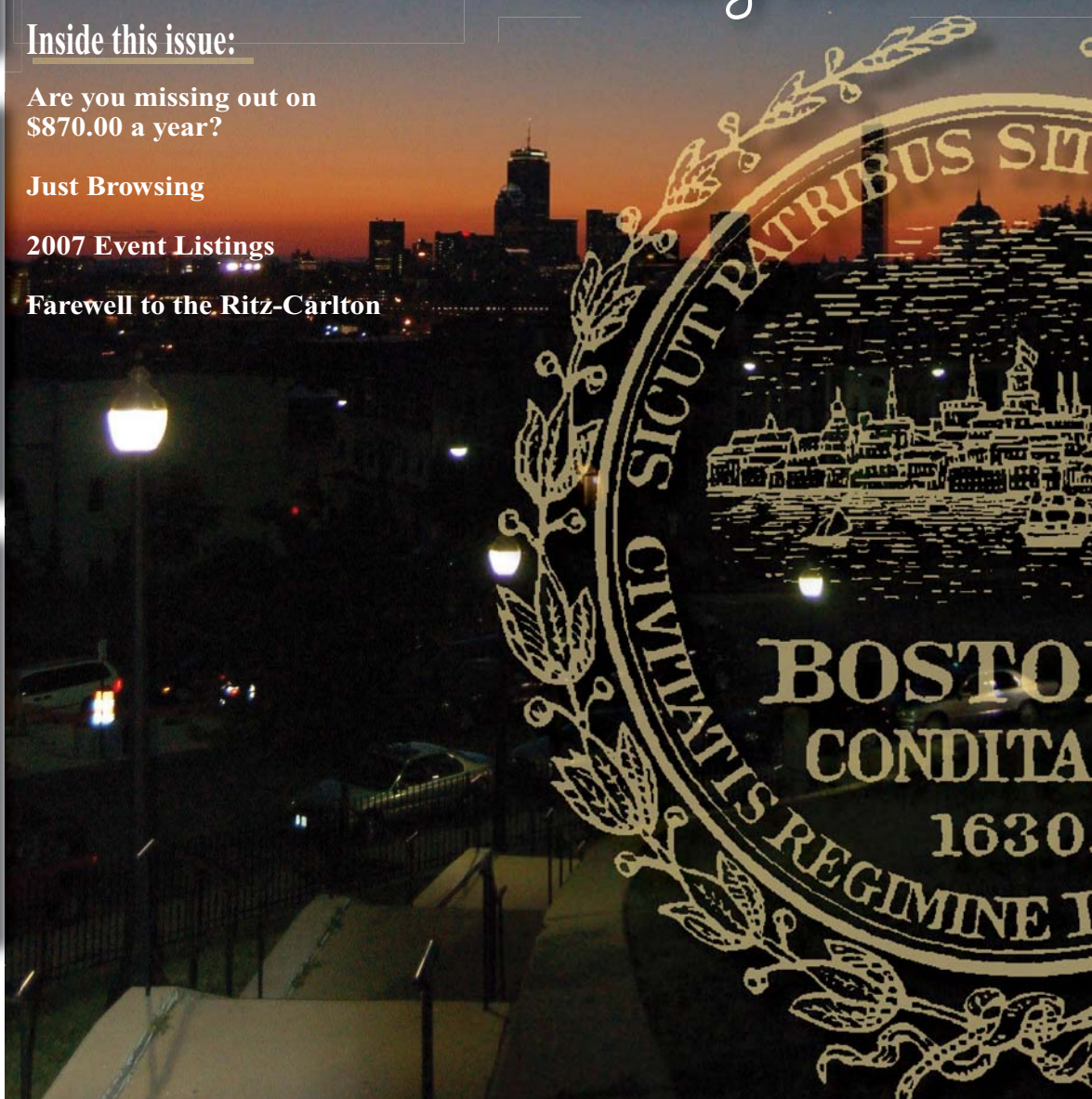
## Inside this issue:

Are you missing out on  
\$870.00 a year?

Just Browsing

2007 Event Listings

Farewell to the Ritz-Carlton



FREE

2007  
Volume 31  
Number 1



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Check out our NEW and improved Website

[www.CityofBoston.gov/elderly](http://www.CityofBoston.gov/elderly)

Call us with comments and suggestions 617-635-3244

## Boston Seniority

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# Mayor's Spotlight



Column of Mayor Thomas M. Menino

I recently announced a new, innovative program designed to support neighborhood businesses and some of our local nonprofit organizations. Boston Main Streets, a public-private initiative, has launched a new social commerce initiative designed to reward customers and the community when consumers shop at participating local Boston merchants. Called "Boston Community Change," the program rewards customers for shopping locally. A customer chooses a specific school or nonprofit organization and a portion of each transaction is returned to the school or organization. Plus, the consumer receives a cash rebate, typically 4 to 6 percent of the total sale. The participating merchants pay for these extra benefits.

The card-based loyalty program is free to consumers and

available and affordable for all merchants, large or small, using unique transaction technology from Nietech Corporation, a leader in technology for social commerce initiatives and loyalty programs. This is another innovative idea to help strengthen our neighborhood business districts.

Shop locally and act locally. Consumers can sign up for the program online at [www.bostoncommunitychange.org](http://www.bostoncommunitychange.org) and receive their free card in the mail. The card is swiped at the time of sale and cash is then electronically directed to designated schools or nonprofits. Participating retailers, consumers, and benefiting organizations can all track donations at the Boston Community Change website. Since purchases made with any form of payment, including cash, earn rewards, any consumer can participate.

Since I helped establish Boston Main Streets along with the City of Boston in 1995, it has been the driving force behind the revitalization of the city's neighborhood commercial districts. Local Boston Main Streets organizations follow a comprehensive approach to providing merchants and community residents with the tools

and information necessary for their commercial center to compete in today's marketplace. The program's areas of work – organization, promotion, physical improvement, and economic restructuring – help Main Streets districts capitalize on their unique historical, cultural, and architectural assets, while addressing the economic development needs around business retention, growth, and recruitment. Today, Boston has 19 Main Streets districts, ranging from West Roxbury to East Boston.

I encourage all of our Main Street businesses to participate in the program, and I urge Boston residents to sign up for their card today.

**Mayor's Office Hotline**  
open 24 hours  
617-635-4500



# ARE YOU MISSING OUT ON \$\$ 870.00 DOLLARS A YEAR?

## What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, it is the state government, not the city or town, that pays the credit.

The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10 percent of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25 percent of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2006 is \$870.

## Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10 percent of their income. Homeowners and renters can claim the credit.

## Income limits

Your total income cannot be greater than these limits for the 2006 tax year:

\$46,000 single

\$58,000 head of household

\$70,000 married filing jointly

“Total income” includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income. For details, see the list of specific items included in total income and specific items excluded from total income on the DOR web site.

## To qualify:

You or your spouse must be age 65 or older by the end of the tax year

If married, you must file jointly, you cannot be the dependent of another taxpayer

You must rent or own a home in Massachusetts which is your principal residence

If you are a homeowner, your property's assessed value cannot be greater than \$684,000 on January 1, 2006

If you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8), and your landlord must pay property taxes

You must meet the income limits

The amount you paid for real estate taxes must be greater than 10 percent of your total income

## How do I calculate real estate tax payments?

To calculate your real estate tax payments:

Homeowners should include all real estate tax payments (minus any abatements or exemptions) actually paid during the tax year. Homeowners may also add 50 percent of the water and sewer charges paid during the year (unless they live in one of the following communities that includes water and sewer debt charges in the real estate taxes: Arlington, Avon, Easthampton, Hadley, Hatfield, Webster, and Winchester).

Renters should count 25 percent of the rent payments they actually paid during the tax year as real estate tax payments.

## What benefits will I get?

The maximum tax credit you can get is \$870 for tax year 2006. The actual credit you will get depends on your income and your real estate tax payments.

If your real estate tax payments for the year were less than or equal to 10 percent of your total income, you do not qualify for the circuit breaker tax credit.

If your real estate tax payments were greater than 10 percent of your total income, subtract 10 percent of your income from your real estate tax payments to find the amount of your tax credit, up to a maximum of \$870 for tax year 2006.

## YOU VERY WELL MAY BE...

If you did not claim the circuit breaker tax credit in previous years, you can go back and claim the credit now. You are allowed to file back three years to claim the credit. The circuit breaker credit was started in 2001.

How do I apply?

You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file a state tax return. You must include Schedule CB, Circuit Breaker Credit, with Form 1. Form 1 and Schedule CB for tax year 2006 are available online from the Department of Revenue:

[You may order tax forms by calling the Department of Revenue's 24-hour automated telephone assistance toll-free at 1-800-392-6089.](#)

How do I claim the credit from a previous year?

To claim the Circuit Breaker Credit from a previous year:

If you filed a Form 1 for that year, you should file a Form CA-6 (Application for Abatement/Amended Return) and a Schedule CB from that year.

If you did not file a Form 1, you must file a Form 1 from that year now, including Schedule CB.

Good News! You can file back three years to claim the credit.

To get the proper forms, call the DOR toll-free at 1-800-392-6089 or visit the DOR web site DOR Tax Forms Index. Choose the correct tax year from the drop-down menu and then select "Income Tax" for Form 1 and Schedule CB, and Additional Miscellaneous Forms for Form CA-6.

Where can I get help?

You can get help filing for the Circuit Breaker Credit from the AARP Tax-Aide Program. AARP Tax-Aide is a free tax counseling program for low and middle-income Massachusetts residents, especially those age 60 or older.

Trained volunteers will answer your questions and help you prepare your tax forms. They will also help you file for the credit from previous years if you did not claim it then.

To find AARP Tax-Aide sites in your community, call AARP toll-free at 1-888-227-7669 or use the AARP Tax-Aide Site Locator.

You can also call the Massachusetts Department of Revenue with questions about filing for the Circuit Breaker Credit. The DOR's toll-free number is 1-800-392-6089. The DOR Teletypewriter number is 617-887-6140.

*Do you have input for Mayor Menino?*

Come to the Mayor's Advisory Council.  
Meets first Friday of each month except in  
July and August.



To get involved call (617) 635-3979

**Area Agency on Aging**

*"Encouraging the senior voice to be heard."*



Save the Date! A preview of this year's events!

## The Elderly Commission

Mayor Thomas M. Menino  
Commissioner Eliza F. Greenberg

present...

### 2007 Events

#### January

- Martin Luther King Celebration
- Martin Luther King Holiday Tribute

#### February

- VB Smith Senior Service Center Valentine's For Vets
- East Boston Valentine's Party
- Pier 4 Golden Anniversary Valentine Luncheon
- African American Achievement Awards

#### March

- St. Patrick's Day Party
- Paddy O's St. Patrick's Day Party
- South Boston St. Patrick's Day Party
- Xerox Party

#### April

- Big Apple Circus

#### May

- Senior Games

#### June

- Charlestown Pride Week Senior Luncheon
- Dim Sum Luncheon
- Mayor's Garden Party

#### July

- Dorothy Curran Concert Series
- Reach 2010 Health Fair
- Mayor's Bocce Party

#### August

- Mayor's Advisory Council Summer Picnic
- Dorothy Curran Concert Series
- South Boston Italian Night
- Mutli-Cultural Intergenerational Talent Show
- City Fresh Picnic at Franklin Park

#### September

- Reach 2010 Walk
- RSVP Recognition Luncheon

#### October

- Edward Cooper Awards
- Mayor's Health & Fitness Walk
- Hispanic Hertiage Luncheon
- Grandparents Luncheon
- Golden Anniversary Celebration
- Mayor's Halloween Party for Seniors

#### November

- Italian Heritage Luncheon
- VB Smith Senior Service Center Health Fair

#### December

- Holiday Craft Baazar & Health Fair
- Holiday Phone-a-Thon
- First Night Senior Celebration

For more information contact

Marybeth Kelly at 617-635-3959

"With our own heart we do the work, not because of money but because of our community's needs, and we feel helpful to serve them."

- Senior Companion

*Miriam Baker is an SCP volunteer. She donates her time and skills as a retired performance artist to Bishop Housing in Jamaica Plain and Hearth.*

To find out how you can make a difference call the Senior Companion Program  
**617-635-3987**

## Retired and Senior Volunteer Program Volunteer Opportunities



Villa Michelangelo Adult Day Center. Help is needed with serving meals and assisting in activities in a program with frail elders in the North End. Flexible hours. Program is open Monday to Friday. Call Nancy at 617-643-8153 for more info.

Children and Mentors Partnership (C.A.M.P) matches adult mentors with children who have an incarcerated parent. These children can benefit from a caring, consistent adult friend in their lives. Ride bikes,

bake cookies, help at a food bank, or learn a new skill together. Simple moments together each month empower a child to explore, dream and reach their potential. Have fun, build a friendship, and make a big, lasting impact. Training and support provided by the C.A.M.P staff. Your help will have a positive affect on the future of your community. Volunteer to be a mentor - because relationships are a tool of change. Call Debra at 617-536-0058.

Make a difference, be a volunteer tutor. Teach English through friendship and cultural exchange. No experience needed. Program runs from January 2007 to end of year. Cultural training provided. Discussion of cross cultural communication. After training – tutors come

to the agency once a week for two hours at a time that works best in their schedule. Help with language by just carrying on a friendly conversation in English. Call Yen Liu at 617-635-5129 ext 1030.

Volunteer Opportunity at the New England Zoo. If you love animals and meeting new people, and have some spare time. Franklin Park Zoo is looking for volunteers. Open house on January 13, 2007. For more Information call 617-989-2683.

For information on any or all of the volunteer opportunities you see here call the Elderly Commission at 617-635-3988 or 617-635-1794 and ask to speak with someone about the RSVP program.



# Take the Word *Impossible* Out of Your Vocabulary



'Tis the season for thought and resolution; the time when we reflect on the year passed- ourselves, our family and friends. We resolve not to practice the negative behaviors that have plagued us for the last 365 days and convict 'I will not smoke' or 'I will lose 10 lbs' this year. The fervor and commitment that gift wrap the resolution is ripped off and recycled in a few weeks after seeing our pledge for what it really is – hard work and sacrifice to become better than we were last year. It suddenly becomes much less attractive without the pretty packaging. But there are those who actively seek enhancement as though it were a

natural process, or really not even a choice. Those people like Charles Reese known from here forward, as Blackfoot Warrior.

I met Blackfoot Warrior this year at an Elderly Commission event. Noticing his traditional Native American dress and beautiful walking stick, I had no idea that lying beneath the head dress and blankets, the feathers and carvings was a myriad of life lessons to be learned. Originally, on first sight, I wanted to interview Blackfoot Warrior on his culture and ethnicity. Knowing so much of the Native American culture, he had a wealth of information

that I haven't been exposed to. Upon approaching him, he told me about his poetry. Great, I thought, and a poet! Not just a poet, The Poet – he explained to me, writing since the age of 10. Little did he know that in later life his poetry would become a safe haven and motivation tool to himself and many others.

We met at the South End Branch Library which, I must say, was more than hospitable. They set up a private room for us to screen the video- the video? I wondered what I had gotten myself into; I hadn't come prepared for a movie and an interview. As we sat down to watch, Blackfoot War-



rior became quiet and there on the screen, he confessed he had been homeless for 25 years.

As I took in the information, all I could think was that I had not known or even guessed. There were no clues. He was not the stereotype. Of course, I pride myself on not holding stereotypes, labels or boxes to people, but this caught me with my eyes closed. Furthering my perspective, Blackfoot Warrior had not even considered that he was homeless for the first 15 years. In fact, he wouldn't have even realized it, had a woman that he was working with not said to him, "You're homeless."

Homeless? He had a steady job for 25 years. How could he be homeless? Working with the racetracks

caring for the horses, Blackfoot Warrior would make his home the stables, sleeping and living with the very animals in his care. To him, that was home. Realizing his homeless status was the least of his worries as Blackfoot Warrior was soon to find out that he also would be plagued with Diabetes. Managing Diabetes is task enough but to add homelessness would make for a struggle that Blackfoot Warrior was ready to face head on.

Utilizing services like the St. Francis House and Kit Clark, Blackfoot Warrior moved through life with thrift and a positive attitude. Those at Kit Clark spoke highly of his ingenuity of funds, and staff at St. Francis relied on Blackfoot Warrior to lend his services to a committee

as the patron voice, President. By staying involved and counting every penny Blackfoot Warrior was eventually able to find affordable housing, but most importantly, he was able to purchase a word processor.

While dealing with Diabetes and homelessness, The Poet came out of Blackfoot Warrior. Although he had been writing since the age of 10, he began to pour his heart and soul into writing. He began to share his thoughts and feelings about homelessness, his Native American heritage, and all aspects of his life, sharing them through readings, healing himself and others along the way. But most poignantly, reminding us all that with a positive attitude and street smarts - anything is possible.

There are many seniors in similar situations.  
If you or someone you know would like more information on  
Elder Homelessness and the services available please contact:

Hearth

[www.hearth-home.org](http://www.hearth-home.org)

(617) 369-1550

1640 Washington Street  
Boston, MA 02118

The Elderly Commission

[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

(617) 635-4366

or visit us at Boston City Hall Room 271

# Boston History At Our Fingertips

## -The Adams Gallery-

by Amalia Serafim



How can there be more to learn about Boston? For those of us who have done the Freedom Trail and seen the Bunker Hill re-enactment, there is a more recent attraction focused on Boston's heritage. The Adams Gallery, at Suffolk University opened in 1999. It is a small, little-known gallery on the first floor of the Suffolk Law School, at 120 Tremont Street. The exhibit is open from 10am - 6pm, daily. The displays revolve upon local themes, involving Boston and New England history. There are even lectures and discussions about the exhibits. What else would you expect from a gallery located right on the Freedom Trail, in the heart of downtown?

Currently, the Adams Gallery is featuring a history of Suffolk University and its relationship to the City of Boston. For example, Massachusetts Governor Calvin Coolidge gave his first speech, after nomination for Vice-President at Suffolk. Boston's cherished Congressman Joe Moakley enrolled in the Suffolk Law School in 1952. He was such a memorable alumnus that the John Joseph Moakley Law Library was dedicated to him in 2000. Even, Boston Mayor John F. Collins graduated from Suffolk Law in 1960.

Boston seniors have figured prominently in Suffolk's history. Rosalie Warren, a MA native, was in her

80's when she got her Bachelor's and Master's degrees from Suffolk. Charlie Melanson, worked until he was 71, as team manager for the Suffolk men and women's basketball teams, although he was disabled from birth. He worked at all the home games, passing out sticks of gum to all the players and coaches.

The previous exhibits at the Adams Gallery delve even more deeply into Boston lore. "Exploring the Charles: Boston Herald Photo Project", featured photos by 19 photographers from 23 towns along the Charles, an 80 mile stretch. "Focus on the moment: Boston Herald Photography" exhibited award-winning photographs by Boston Herald photographers of local celebrities like Bobby Orr, and the rest of us. "Images of Transformation: From Big Dig to Rose Kennedy Greenway" chronicled the Big Dig construction project and foreshadowed the future appearance of the Rose Kennedy Greenway. "Tremont Street: Common Street" depicted the evolution of then-named Common Street to the Tremont Street of today, through historical black-and-white photographs, by the renowned photographer Peter Vanderwarker. "Bostonians at Home: Five Boston Families 1680-1960" described domestic development in Boston, in the historical residences and lives of

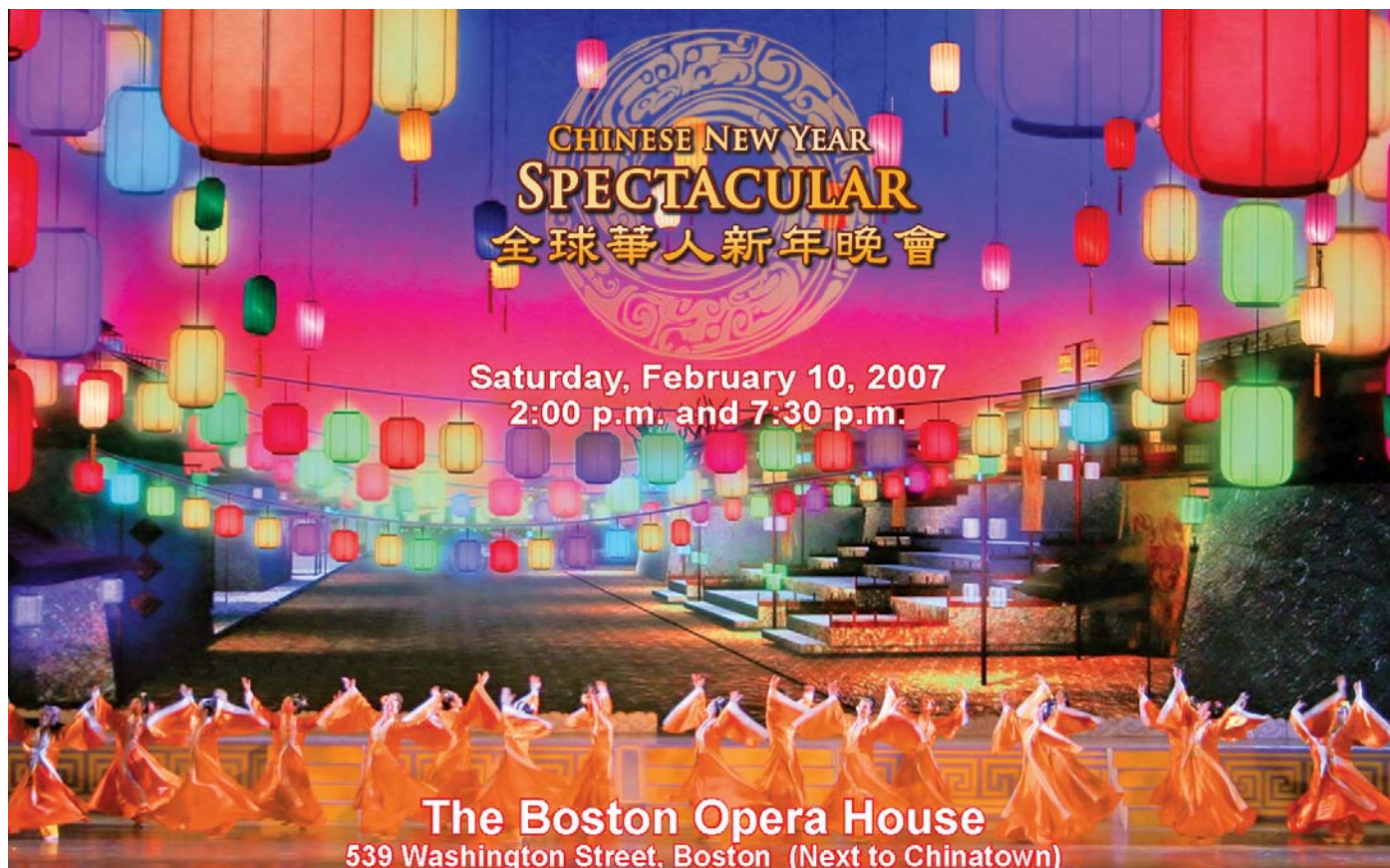
five, prominent Boston families. "John Joseph Moakley: In Service to His Country" illustrated the life of Congressman Moakley from his youth in South Boston, to his time as a SeaBee in WWII, culminating in his accomplishments as Congressman, such as the Boston Harbor clean-up.

My exhibit of choice, "Touching All the Bases: A Red Sox History", featured in 2005, was a favorite for all Red Sox fans. It chronicled the Red Sox from their founding, in 1901, to their World Series victory in 2004, using photographs, cartoons and artifacts. Visitors could admire a piece of the wall from Fenway's left field and the batting gloves Johnny Damon used.

When you are downtown, there is more to do besides shopping in Downtown Crossing and exploring the Common. Take a moment to step into the Adams Gallery. It is located only half a block from either the Park Street station, on the Red Line, or Government Center, on the Green Line.

For more information, call the gallery at (617)573-8508 or visit it online at [www.law.suffolk.edu/about/Adams\\_Gallery.cfm](http://www.law.suffolk.edu/about/Adams_Gallery.cfm). Even native Bostonians will be surprised about what else there is to learn about our hometown.





**CHINESE NEW YEAR SPECTACULAR**  
全球華人新年晚會

Saturday, February 10, 2007  
2:00 p.m. and 7:30 p.m.

**The Boston Opera House**  
539 Washington Street, Boston (Next to Chinatown)

10 or more tickets, **10% off**  
50 or more tickets, **20% off**

Only through hotline and NTDTV online ticketing

Ticket Price: \$35, \$60, \$85

Ticket Hotline: (617) 880-9061, (617) 202-9507

Online Order: [ticket.ntdtv.com/boston](http://ticket.ntdtv.com/boston) or [ticketmaster.com](http://ticketmaster.com)



In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.

The City of Boston Fire Safety Program provides

## Free Smoke Detectors

for seniors living in the City of Boston.

For information on how you can get a FREE SMOKE DETECTOR call (617) 635-2359.



Get the services that you and your family deserve.

## Empower Your Family

Caring for loved ones can sometimes be overwhelming. If you are caring for someone over the age of 60 or are a grandparent raising a grandchild the Elderly Commission and Caregiver Alliance want to make sure you are aware of the services available.



For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more call (617) 635 - 2713

# Su doku

	4	5	2	3		6		7
2	6		5		7	1		3
7		3	1		6	2	4	5
	1	7		9		3	2	
	5	9	3		2	4	1	
8	3			1	4		7	9
5		4	9		1	7	3	
3		1		5	8	9		4
9	7		4	2			5	1

Think you have good reasoning or logic skills? Give Su doku a shot. Here's how: Fill in the entire puzzle so that every column and row and every 3x3 box contains the digits, 1-9. Answer grid on page 25.



# dementia understanding.

Often we shy away from subjects because they are difficult to discuss with our family and friends. Dementia is often skimmed over for this exact reason but with knowledge of our fears, we can take strides to protect ourselves and our loved ones.

Dementia is a decline of reasoning, memory, and other mental abilities that eventually impair day-to-day activities. Forgetting where you last had your glasses or the name of an acquaintance are not signs of dementia. It's easy to become concerned when you feel more forgetful than usual, but there is a difference between normal memory loss and dementia. Here are some of the early symptoms:

1. Difficulty coming up with words.
2. Forgetting names of people that are a major part of your life.
3. Difficulty with day-to-day activities (like driving, cooking, etc.)
4. Personality changes, uncharacteristic behavior.
5. Mood swings, often anger and rage.
6. Poor judgment.
7. Confusion, disorientation.

Once thought of as a normal aging process, dementia is not something that we should expect with age. It is true that the demographic most largely affected by dementia is se-

nior citizens, but it can also occur in younger persons as well. Approximately 4-5 million people in the U.S. have some degree of dementia, affecting around 30-50% of people 85 years and over.

Some types of dementia are reversible, others are not, some are treatable and some are not. Although there isn't sure-fire prevention, there are steps that you can take to help reduce your risk. Surprisingly, some of the same steps we use to prevent other illnesses, like cardiovascular disease, also help decrease your risk for dementia.

Tips to reduce your risk for dementia and fighting age-related memory loss:

*Challenge yourself by learning new things.* Take a class or explore a new hobby. This can help stimulate new connections between nerve cells and may even help the brain generate new cells.

*Get physical.* Common knowledge tells us that exercise gets the blood pumping, but research shows that it also increases the number of blood vessels that bring blood to the region of the brain that controls thought. It has been reported that for every one mile women walk each day, the risk of mental decline dropped by percent.

*Make healthy choices.* A healthy body makes for a healthy mind. There are many studies that show correlation between good overall health and lowering risk for dementia. Having healthy blood pressure and good cholesterol lower your risk for dementia, as does avoiding tobacco use and alcohol abuse.

*Try to avoid head injuries.* Head injuries can cause damage and subsequently dementia. If a fall occurs and there is a head injury, make sure to get checked out by your physician. Dementia from injury can be treated and might even be reversible.

*Have fun with your friends and family.* Researchers have linked a healthy and active social life with a decrease in dementia risk of up to 42 percent!

For more information:

City of Boston Caregiver Program  
617-635-2713

Alzheimer's Association, Massachusetts Chapter Toll Free:  
800-272-3900

American Association for Geriatric Psychiatry  
[www.aagpgpa.org](http://www.aagpgpa.org)

# Healthy Wealthy and Wyse

## Oxygen and Traveling- By Geraldine Wyse LPN

Are you one of the millions of Americans who need oxygen therapy? Do you have a heart or lung condition in which you need constant or frequent oxygen? Are you nervous about going farther than your children's house or the local mall without your oxygen tank or oxygen concentrator? Follow these simple guidelines and you should be able to take both long and short trips.

### Plane Travel

Before you plan a trip by plane, check with your doctor. You will need medical permission to travel with oxygen. When booking your flight, be sure to tell the airline that you will be needing oxygen. Usually, you will need a written note from your doctor telling the correct rate of oxygen that you use. Planes are pressurized so you will probably not need a different rate of oxygen. Your doctor will know the correct rate of flow for you. The airline's medical department will then decide if it can accommodate you. The airlines can refuse to sell you a ticket if they think you are not healthy enough to travel on their airline.

If you book your flight on the Internet, check with their customer service representative before you pay for your ticket. These tickets are not refundable and/or you must pay a large fee if you rebook. Most airlines charge a fee for accommodating oxygen. If possible, try to book a nonstop flight because you will be charged a fee for each portion of

your trip. For this reason you may want to book your flight on days that are not very busy, avoiding crowds like Thanksgiving, Christmas and school vacations to Florida.

Smoking is no longer allowed on airplanes yet each airline may designate only certain seats for in-flight oxygen users to sit. The Federal Aviation Administration (FAA) has recently announced that a personal portable oxygen concentrator may be allowed on board. Check and see if your concentrator is allowed. Presently, only one brand of oxygen concentrator is approved by the FAA. Your concentrator must be approved by the airline staff. Remember, be sure to have your concentrator checked by your oxygen distributor before you leave home. Also, bring an extra tubing and (humidifier) water bottle attachment.

Airlines do not supply oxygen services in the airport. Before leaving home check with your local oxygen distributor so he will have someone meet you at the airport gate with a tank of oxygen and/or a portable tank. Be sure to get the telephone number of the oxygen distributor at your new destination. Oxygen supply companies are experts in the requirements of travelers who need oxygen. Don't be afraid to ask questions before leaving home. A few simple questions prior to your trip will relieve your anxiety!

### Land Travel

Your doctor must give you permis-

sion to travel a long distance, especially if you are driving into the mountains or places like Colorado where the higher altitude may require you to use a different rate of oxygen. You must bring enough oxygen for your entire trip plus 20%. Your local oxygen distributor can calculate this for you. He will give you the names of oxygen distributors along the way. In an emergency, check the phone book under medical supply companies or find the local hospital.

### Sea Travel - Cruises.

When booking your cruise, be sure to let them know that you use oxygen. Most cruise lines cater to older adults, many of whom use oxygen. The cruise line may supply oxygen for you. You may need to bring your own oxygen and have the tanks filled at each new port of call. Find out before you travel. [www.lungusa.org](http://www.lungusa.org), the American Lung Association, can help you plan a trip or make recommendations, especially for those with lung disease.

I have traveled with patients by plane and car. I have seen several older adults on cruises walking or being wheeled around a cruise ship. It is not unusual to see people walking in malls, on the bus or sitting in church with their portable oxygen tanks.

You can be one of them with a little planning!







# FIBER

## WHAT IS IT AND WHY DO WE NEED IT?

BY MELISSA CARLSON  
ELDERLY COMMISSION STAFF NUTRITIONIST



Recently on Oprah, Dr. Oz spoke about health issues and specifically about our digestive systems. He stated the importance of a healthy digestive track and the vital role fiber consumption plays. Fiber is made up of soluble and insoluble fiber. Research has found beneficial effects of fiber on cholesterol levels, coronary heart disease, diverticulitis and constipation.

There are several definitions of fiber used in the scientific community and by health professionals. A more formal definition states, dietary fiber is primarily the storage and cell wall polysaccharides of plants that cannot be hydrolyzed by human digestive enzymes. In other words, dietary fiber consists of isolated, non-digestible carbohydrates that have beneficial physiological effects in humans. Dietary fiber is made up of soluble and insoluble fiber. Soluble fiber partially dissolves in water- examples include oatmeal, nuts, apples, legumes, etc. Insoluble fiber does not dissolve in water- examples include whole grains, barley, carrots, brown rice, etc.

The American Heart Association recommends a total dietary fiber intake of 25-30 grams per day from foods. The average adult in the US consumes about 15 grams. Grocery shopping is a good time to start making sure your food has high amounts of fiber. Dietary fiber is listed on

the Nutrient Facts Panel under carbohydrates on all food items. You will see dietary fiber broken down between soluble and insoluble fiber because they play different roles in the body.

Consuming adequate amounts of fiber and drinking water is important because it helps our bodies digestive system run smoothly. It helps move food through the intestines. Research studies have demonstrated benefits of fiber on cholesterol, coronary heart disease, diverticulitis, and constipation.

- **Cholesterol and Coronary Heart Disease-** The most publicized health claim is that of fiber's beneficial effects on lowering cholesterol levels or "Oatmeal helps remove cholesterol". Oats contain soluble fiber that actively binds with and helps remove excess cholesterol that can clog your arteries and lead to heart disease. Several Harvard studies have also found that a high total dietary fiber intake was linked to a 40 percent lower risk of coronary heart disease as compared to a low fiber intake.

- **Diverticulitis-** is an inflammation of the intestine and one of the most common age-related disorders of the colon. A study among male health professionals found eating a diet rich in fiber, particularly insoluble fiber, was associated with about a 40 percent lower risk of diverticular disease.

- **Constipation-** is the most common gastrointestinal complaint in the US and is of particular concern to the elderly. The consumption of fiber seems to relieve and prevent constipation. The fiber in wheat bran and oat bran seems to be more effective than similar amounts of fiber from fruits and vegetables.

You can find fiber in fruit, vegetables, legumes and grains. You will not find it in meat, dairy products and most condiments. See the Dietary Fiber Chart --- to learn the fiber amounts in some common foods. As always when making changes to your diet do so gradually and consult your physician or dietitian before beginning. If you increase fiber intake do so gradually and increase your intake of beverages at the same time, as fiber absorbs water.

**Polysaccharide-** a class of carbohydrates that are made of long chains of simple carbohydrates (called monosaccharides). Starch and cellulose are polysaccharides. hydrolyzed- to be broken down by water

**Enzyme-** a protein made by the body that causes a chemical change in an organic substance; example- a protein made in the body to help breakdown food in the stomach

*Continued on page 19...*



# KEEP FIT WHILE TRAVELING

FIT TIPS By: D. Vanessa Wilson-Howard

*\*Remember- Always check with your physician before beginning any exercise program.*

The holidays are popular travel months for visiting with family and friends; a perfect time to relax, sit back and enjoy the company of those that we do not frequently see. Quality time and making exciting and wonderful memories are important- so are your health and well-being.

NOTE: Staying committed to some form of exercise while traveling, is no different than wearing weather appropriate clothes or washing your face. *It's all life management.*

Sitting for long periods of time in a car, train, bus or plane can tighten muscles causing stiffness and discomfort to joints, particularly with movement limitations. The discomfort could last for several days during and after your trip! To prevent or minimize this, do at least five minutes of walking or stretching for every hour of your travel time after reaching your destination (this also applies to seated stretching). Each stretch should be about 15 seconds long. Should you choose to walk, begin slowly, then walk or march briskly in place.

You can tremendously reduce joint and muscle strain by taking these preventive steps:

- Sit with your legs uncrossed and with both thighs and feet fully supported.
- Sit tall with a long neck and with firm upright back support.
- Let go of tension in your shoulders, abdomen, jaw and hands.

*REMEMBER.... hold each stretch for 15 seconds!*



## Standing:

Do a few slow easy stretches first. It's OK to stretch in public!

- Stretch the lower back by lifting one knee (hold on to something stable for support). Repeat with other knee.
- Stretch the back by placing your palms on your lower back and arching your back slightly.
- Stretch calf muscles by placing your hands at chest height on the back of a plane, train or bus seat or the outside of a car. Place one foot forward with your knee bent and the other foot back with the knee straight. Press your back heel to the floor. Repeat with other leg.

## Seated:

- Enjoying the view is one way to keep your neck joints warm. Look about and bask in the details of the scenery!
- For your hands, simply open and shut them. Also, wiggle your fingers and / or make circular motions to lubricate the wrist joints.
- Squeeze your buttocks and thigh muscles together and one at a time.
- Arch your spine; next round your spine by tilting your pelvis, pressing the small of your back into the seat and squeezing your abdominal.

Try a few or all of these stretches while on the road....and have a healthy and happy New Year!

# HealthBeat

with Dr. Nancy Norman

## Need Advice?

**Send your questions to Health Beat!**

To ask Dr. Norman, mail your questions to:

**The Boston Seniority**

**Attn: Health Beat**

**One City Hall Plaza, Rm 271**

**Boston City Hall**

**Boston, MA 02201**

**or email your questions to**

**[kaysea.cole@cityofboston.gov](mailto:kaysea.cole@cityofboston.gov)**



**Senior-** I'm an older woman and I know that it is important for me to get enough calcium. I saw orange juice with calcium in the supermarket last week. I was wondering if this is a good way for me to get all of the calcium that I need?

**Dr. Norman-** Calcium is a vital element in the architecture of our bones, the scaffolding that helps to hold us together and upright! As children, most of

us got our daily recommended requirement of calcium by drinking milk with every meal. Most adults, however, discontinue this habit thereby losing a valuable calcium source. Many other sources exist, including products like orange juice which have been fortified with calcium. Generally 1,000-1,500 mg/day is recommended for adults. It is important to

note however as we age we may need to decrease this amount if problems exist such as kidney (renal) stones or other medical problems made worse by having too much calcium. Review your requirements with your provider to avoid getting too much or too little of this important element.

## Need a Ride?

For a convenient ride to a medical appointment, grocery shopping or a social event call the Senior Shuttle

(617) 635-3000

Available Monday - Friday 8 a.m. - 4 p.m.



Make sure to give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

## COME SLEEP WITH US!

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Participants will spend 39 consecutive days and nights at our facility.

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*Ingredients:*

1 1/2 cups warm (about 120°F) low-fat milk  
1/4 cup sugar  
1/4 cup unsalted butter, melted  
1/4 cup canola oil  
3 large eggs, divided  
1 package quick-rising yeast (about 2 1/4 teaspoons), such as Fleischmann's RapidRise  
3 cups whole-wheat flour  
2 cups cake flour, divided, plus more for dusting  
1 1/4 teaspoons salt  
2 tablespoons wheat germ

*Directions:*

1. Whisk milk, sugar, butter, oil and 2 eggs in a large bowl. Whisk yeast, whole-wheat flour, 1 1/2 cups cake flour and salt in a medium bowl. Gradually stir the dry ingredients into the wet ingredients using a wooden spoon. The dough will be very sticky.
2. Sprinkle 1/2 cup cake flour on a work surface. Turn out the dough onto it and knead until all the flour is incorporated, 1 to 2 minutes. Coat a large bowl with cooking spray. Transfer the dough to the bowl, coat the top with cooking spray and cover with plastic wrap. Let rise at room temperature (about 70°F) until doubled in volume, 1 1/4-2 hours.
3. Coat a 9-by-13-inch metal baking pan with cooking spray. Turn the dough out onto a lightly floured surface; pat into a rough 7-by-10-inch rectangle. Cut lengthwise into 4 equal strips using a bench knife or butter knife. Then cut each strip crosswise into 6 equal portions. (Each portion will weigh 1 1/4-1 1/2 ounces.)
4. Working with one portion of dough at a time, gather and pinch the edges together, shaping the dough into a rough ball. The spot where the edges come together is the bottom of the ball. Place each ball, bottom down, on a clean work surface. With a slightly cupped hand, move the ball around in a circular motion, keeping the bottom in place while tucking the loose edges into it and stretching the surface of the dough tight. (If the outer skin breaks, set the roll aside and let it rest while rounding the remaining rolls. Re-roll once the dough relaxes.) Arrange the rolls in the prepared pan. Cover with plastic wrap. (If following make-ahead instructions, refrigerate the rolls now.)
5. Let the rolls rise at room temperature until almost doubled in size, about 1 1/4 hours.
6. Preheat oven to 400°F. Whisk the remaining egg in a small bowl, and brush the tops of the rolls with it (you'll have some left over); sprinkle with wheat germ. Bake the rolls until light brown on top, about 20 minutes.

**MAKE AHEAD TIP:** Prepare through Step 4 and refrigerate overnight. Remove from the refrigerator and let rise until almost doubled in size, about 3 1/2 hours. Continue to Step 6.

Makes 2 dozen rolls

**Ingredients:**

3 teaspoons extra-virgin olive oil, divided  
 1 small onion, finely chopped  
 2 parsnips, peeled and finely chopped  
 1 carrot, peeled and finely chopped  
 1 Granny Smith apple, peeled and finely chopped  
 1 teaspoon chopped fresh rosemary  
 1/4 teaspoon salt  
 1/8 teaspoon freshly ground pepper  
 1 14-ounce can reduced-sodium chicken broth  
 1 cup water  
 1 teaspoon cider vinegar  
 8 ounces chicken tenders, cut into bite-size chunks

**Directions:**

1. Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add onion, parsnips, carrot, apple, rosemary, salt and pepper and cook, stirring often, until the vegetables begin to soften, about 8 minutes. Add broth and water and bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring often, until the vegetables are very tender, about 10 minutes.

2. Transfer the soup to a blender; add vinegar, cover and pulse until it forms a chunky puree. (Use caution when pureeing hot liquids; see Tip.)

3. Clean the pot, return it to medium-high heat and add the remaining 1 teaspoon oil. Add chicken and cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Pour the soup back into the pan. Cook, scraping up any browned bits from the bottom of the pan, until heated through, about 1 minute.

**MAKE AHEAD TIP:** Cover and refrigerate up to 3 days or freeze up to 3 months.

Serves 2, 2 cups each

*Fiber article continued from page 15*

Physiological- of or consistent with an organism's normal functioning

Hydrolyzed- to be broken down by water

Enzyme- a protein made by the body that causes a chemical change in an organic substance; example- a protein made in the body to help breakdown food in the stomach

Physiological- of or consistent with an organism's normal functioning

Food	Amount	Calorie	Fiber (g)
Banana	1 medium	105	2.7
Tangerine	1 medium	37	1.9
Green Beans (Fresh and cooked)	1/2 cup	22	2
Zucchini Cooked	1/2 cup	7	3
Kidney/Red Bean (boiled)	1 cup	225	13.1
White Bread	1 Slice	67	0.6
Whole Wheat Bread	1 slice	69	1.9
White Rice Cooked	3/4 cup	170	0
Whole Wheat Spaghetti	1 cup	200	5.6
Meat- any kind	1 serving		0

# Just Browsing

By Mel Goldstein

*Mayor's Office Russian and Elderly Liaison*



What has happened to old Yankee Boston, Good bye Yankees hello Diversity! We are now, not only a city of immigrants, but a nation of them. In the 19th and 20th centuries it was an established fact, now the wheel has turned full circle- this is a positive thing. All aspects of our new world culture have gone global for many of us as we are now being exposed to culture, morals and mores that are completely different to us. Ten years ago, I was unaware of some countries, what a blow to our egos! Having worked in the past with the office of refugees and immigrants and being a part of various coalitions has broadened my outlook. The 100 or so ethnic, immigrant and refugee groups that comprised this coalition represent world wide involvement. Most Asian, African and European groups are well represented -

one does not wish to be represented by the other.

Boston is now the new melting (or welding) pot of New England, world wide immigration is now here. Our new residents, soon to be citizens, should be given a heart felt welcome. May they live in peace here and prosper, their opportunities are endless.

Hopefully we can eliminate our prejudices never to return again.

It's nostalgia time again, and as I stood on the side lines and watched the Veterans' day parade I couldn't help but remember the parades that graced us years ago- Jordan Marsh's Thanksgiving Day Parade, the American Legion Parade prior to WWII and the most nostalgic of all, the Boston School Board Parade. Do you remem-

ber the ill fitting military uniforms and lace leggings that were required to not only wear but to buy with our own money? This was at a time when fathers had a tough time putting food on the table in many cases, let alone buying a school boy uniform. If you had two or three sons of high school age, forget it! It was a very trying situation and nobody to help.

Have you read the comics lately? They have become so serious and too involved in politics. Do you remember Major Hoople, Smilin' Jack, Fat Stuff, Lil Abner, Mutt and Jeff, Maggie and Jigs, Blonde and Dagwood? The Phantom, Buck Rodgers, Katzen and Jammer, Kids, Toonerville Trolley, Prince Valliant, Flash Gordon, Little Orphan Annie and Annie Roonie.



Of course, it's holiday time once again, and probably by the time this column goes to press, it will all have come and gone. We would have done our Holiday Show at the Hyde Park Municipal Building, and as usual we have reached out across the city to try to make this an all inclusive celebration. Without the financial help from Dedham's Savings Bank this affair would never happen. For the past ten years, they have stood up to the plate and delivered. We can't thank Gerry Lavoie, VP of Community Relations for his continuing involvement and support. Holiday time always makes me aware of missed opportunities and past celebrations. Who can recall the neighborhood parties of days gone by - the July 4th fireworks at parks the three woolies (ice cream, races, and bonfire) and, above all, the togetherness? I grew up in Dorchester and Roxbury and spent my formative years playing in both Franklin Field and Franklin Park. The area that always appealed to me is the North End and Waterfront. Where else could a kid from the streets be privy to the sites of fishing boats and their day's catch (cod, sea bass, halibut,

scallops). I can still recall being down at the wharves on a warm summer's day the aromas and odors from the boats were overwhelming. The pièce de résistance in the area was Scollay Square. How could you by pass that upscale entertainment area that housed such palaces of enjoyment? Walden's Cession, the Old Howard, Crawford House, Joe and Nemo's, the new Ritz and so many others.

Let's shoot back to Halloween, and the bean blowers, cubeb cigarettes, and then on to winter sledding. When the City of Boston, Public Works Department blocked off neighborhood streets that were rife with hills and dales that were perfect for flexible flyer sleds and if you were fortunate, toboggans. Who can forget the toboggan run in Franklin Park that overlooked the golf course, East Boston with Piers Park, Dorchester's Wellington Hill, and Meeting House Hill and all the other neighborhoods that were fortunate enough to have hilly streets.

Do you remember graduation time? The white flannel pants, and dark brown or navy blue shirts with the ever present white tie, this was a Must!

Then on to Revere Beach for an evening of Celebration.

Just the other day, I met an old acquaintance of mine which lead to a discussion of days gone by. We talked of going to the movies on Saturday afternoons, brown bag lunches containing leftover chicken legs from Friday night suppers that is- if you were lucky enough to have chicken or the ever popular Bologna sandwich and mustard.

As I write this column, I am looking forward to a happy holiday season. Health brings happiness. My last column I wished you a happy healthy holiday, I hope that is what you had, may all your problems be little, may whatever you wished for come true and that you spent your holiday with those you loved and most of all may 2007 be a year when peace is declared through the entire world, particular in Iraq and may we all be alive to see it. Old age is not for sissies!

*Mel G.*

# ON THE *EDGE* BY ELIZABETH DOWNTON

Tuesday, December 12, 2006 marked the long awaited release of the report *On the Edge: Facing a Challenging and Uncertain Future, the Elder Economic Security Standard for the Boston Area* by Laura Henze Russell, Ellen A. Bruce and Judith Conahan, Gerontology Institute, John W. McCormack Graduate School of Graduate Studies, University of Massachusetts Boston, and an Advisory Committee which includes Commissioner Eliza Greenberg and Kaysea Cole of the Elderly Commission, and funded by The Boston Foundation.

This gives realistic figures for the costs of modest living for persons 65 years and older in Boston. These more realistic amounts are then compared to the Federal poverty level. The report shows the percentage of income spent by people aged 65 and over on various items such as housing, food, transportation, health, apparel and so forth, assuming no need for long term care. When long term care is factored in, the figures are frightening! Income sources are analyzed and shown to be less than adequate for elders depending on Social

Security without subsidies for housing and health care.

The report shows that elders living alone in the Boston Area need \$14,900 - \$23,600 a year just to cover their basic living costs. For a couple it's \$21,800- \$30,600. Trust me, you will not receive this much money from Social Security alone. The average Social Security payment for one retired person is \$12,024 annually and for a couple it's only \$19,776. Worried? You're not alone. People working with the elderly have long been aware of this shortfall. Only now, we have a scientific study which demonstrates that over a third of Boston area older households live below the minimum to cover their basic living and this percent rises the older a person gets.

At the release, a panel discussed the various problems faced by seniors in Boston. One presenter, Ellen Feingold from Jewish Community Housing for the Elderly, remarked that housing is paramount - you cannot retain your health and sanity if you do not have a roof over your head. Housing suggestions have been to include more low and moderate hous-

ing as well as affordable assisted living in the city. Other concerns include the cost of health care and long term care.

After the presentations, I spoke with a number of persons who had attended the release. First, everyone agreed that it is tough after retirement, no matter how well you did during your working years. Second, we need to use these figures to convince our state legislators to pressure the federal government to address this problem. It's a shame how little money HUD has to work with now. Also, talk to all your friends about this problem. Making the community informed helps spark discussion and change.

How many of you have voted for tax cuts in the last five years? Where do you think the money for your \$5 a week tax cut comes from? If you said human services, you are right on target. The federal and local governments cannot fund health care and affordable housing if the taxes are being cut annually and the highest income persons and corporations are being given tax cuts.



# Take a Trip

## A FOND FAREWELL FOR TEA AND CRUMPETS

Afternoon tea at the Ritz-Carlton in Boston has long been a tradition in celebrating special occasions. We encourage you to bid the Ritz Boston's fair lady a fine adieu and celebrate a rather sad milestone as the grandious hotel has been sold. The Boston landmark was purchased by Indian Hotels Co. Ltd., operator of Taj Hotels, for \$170 million.

"High Tea" at the Ritz-Carlton, Boston is a celebration in itself and has been a tradition since the hotel's opening in 1927. So treat yourself and warm up to one more afternoon tea this winter. Put on your fanciest hat and gloves and head out to the Ritz-Carlton at the edge of the Public Garden for a fond farewell while you enjoy and share some traditional treats like cucumber with herb cream cheese on toasted bread, currant and orange scones served with Devonshire cream and lemon curd and of course pair them with your favorite tea (if you can make up your mind that is) you may choose from:

### Afternoon Darjeeling

From the Darjeeling province bordering the Himalayas, a subtle, delicate flavor likened to muscatel grapes.

“There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.”

### China Rose Petal

A fine China black tea flavored with rose petals.

### Earl Grey

Delicately scented; a pale, clear infusion mildly flavored with natural oil of bergamot.

### Imperial Gunpowder

A clear, subtly fragrant infusion, mildly astringent; the leaves are rolled into small, round pellets. A traditional green China tea naturally low in caffeine.

### Jasmine Blossom

From Foochow, made with a blend of Hyson green tea and China black, scented with white jasmine flowers.

### Vanilla

A blend of vanilla and black tea from India.

### Blue Sapphire

Light and delicate with an unusual honeyed character.

### Peppermint

Aromatic and refreshing.

### English Breakfast

A blend of India and Ceylon teas, a full-bodied, rich and invigorating infusion.

### Apple Orchard

Their blend combines a light black tea with pieces of apple, heather and sunflower petals.

### Chamomile Flowers

A soothing tea made from tiny whole blossoms, with a mild, honey-flowery aroma, a golden yellow hue, and a delicate semi-sweet smooth taste.

The 79-year-old Back Bay hotel will soon be renamed the Taj Boston. So let's make the most of it while it still holds the grandure of yesteryear. See you at noon?

Please dial 617-912-3355 to secure reservations.



# Elder Hunger on the Rise

By Amalia Serafim

Recently, Massachusetts received the second lowest Food Stamp enrollment ranking in the country making hunger and malnutrition major issues for the City of Boston's seniors. Even more startling, the number of seniors is expected to more than double by 2030 with many of these seniors expected to reach the poverty level at some point in their lifetime. Often healthy foods are more expensive leaving limited food choices causing many seniors to consume lower amounts of nutrients than they should. Seniors who experience malnutrition and food insecurity are at greater risk for degenerative disease like osteoporosis, infection, and slowed recovery times. Additionally, the financial strains that food shopping inflicts can lead to depression, especially in women. Poor nutrition and hunger lead to increased time spent in hospitals and nursing homes and even possible death.

Because Food Stamps are a primary federal nutrition program, increasing outreach to Boston seniors is key to addressing this situation. To combat malnutrition and food insecurity the Elderly Commission has developed the program ShopWise to help low-income seniors receive food assistance and maintain a healthy diet. However, the Elderly Commission cannot win this battle alone. We need your help- volunteer with ShopWise! As a volun-

teer, you will be trained in how to fill out the Food Stamp calculator and application, both online and on paper. There will be a one day training seminar day with an

## INTRODUCING SHOPWISE A New Program in the Elderly Commission 617-635-3989

overview of the program and instruction on the Food Stamp application. Afterwards, you will help enable seniors in your own neighborhood and around Boston to end elder hunger.

To learn how you can help, contact Amalia Serafim, City of Boston Commission on Affairs of the Elderly, [Amalia.Serafim@cityof-boston.gov](mailto:Amalia.Serafim@cityof-boston.gov) at 617-635-3989.

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TRAC is a one-stop taxpayer assistance center. If you have questions about:

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- Residential exemption;
- Current real estate tax;
- Current personal property tax;
- Current motor vehicle excise;
- Ward and parcel number;
- Changes of ownership;
- Duplicate tax bills;
- Property tax abatements;
- Current year tax bill payments
- Motor Vehicle Excise
- Boat Excise
- Other tax-related questions.

CALL: the Taxpayer Referral &  
Assistance Center (TRAC)  
at (617) 635-4287.

Log-On to:  
[www.cityofboston.gov/assessing](http://www.cityofboston.gov/assessing)  
to contact the Assessing Department and  
for information about the Elderly exemption.

KEEP

*warm*

BY DRESSING SMART

Layering is an old tactic that most have heard about through parents and grandparents when you were going sledding during the first big snow. Your mom would bundle you up from head to toe in snow pants, parkas, hats and mittens. Often you were dressed so well it was hard to move around making falls more frequent, but at least you had extra padding. With fabric technology, the time honored tradition of cold weather layering is now simple and streamlined.

The first layer should be lightweight. This way, going from the outdoors to inside you can take off the bulk of your clothing to remain comfortable indoors as well. When looking for the first layer, make sure you know your fabrics and jargon. Steer clear of any fabric that locks in moisture (like cotton) and choose something

like Polypro, which helps speed up evaporation and move moisture off the body keeping you dry and warm.

The middle layers should also be adverse to water, but with these layers also choose something that has a warming effect as well. Fabrics like wool, fleece and polyester are dry and warm. These choices insult by holding in warm air around the body because they are thick. Fleece is particular nice because of its soft texture and fluffy quality. Wool can sometimes be itchy but having the first layer underneath that might be avoidable.

The final layer's main purpose is to protect from wind. Companies are now designed for increased comfort and durability as well as function, using fabric, trims and acces-

sories. Models with practical trims such as reflective piping across the bodice, pen pockets on sleeves or backstitching with elastic quilting for enhanced durability are some of the top sellers. Jackets are now coming with hand warmer pockets, removable fleece lining, removable sleeves- you name it, they probably have made it. Sticking with the staying dry mantra, the windbreaker should definitely be element (rain, snow, sleet) proof.

With fabric technologies you can layer without having the bulk. When shopping for good fabrics, go to a sports apparel shop. Here you will be able to find quality material, but most importantly, knowledgeable sales people. They will be able to tell you which fabrics will keep you dry. Look for the bargains in the back of the store on the sale rack.

### Sudoku Answer Grid

1	4	5	2	3	9	6	8	7
2	6	8	5	4	7	1	9	3
7	9	3	1	8	6	2	4	5
4	1	7	8	9	5	3	2	6
6	5	9	3	7	2	4	1	8
8	3	2	6	1	4	5	7	9
5	8	4	9	6	1	7	3	2
3	2	1	7	5	8	9	6	4
9	7	6	4	2	3	8	5	1

Do you need help with government benefits, tenant/homeowner issues, or health issues?

Let the Elderly Commission's Community Service Advocates help you!



Call (617) 635-4366

Social Security questions, Medicare, Medicaid, Medicare Supplemental Insurance, Fuel Assistance, Food Stamps, Veteran's Benefits, Oral/Dental Health Screening Program, Health and Fitness Program, Shine (Serving the Health Needs of Elders), Taxi Coupons, Housing Assistance, and much more!

# BASEBALL GOES GLOBAL - IN MY OPINION

BY MIKE FLYNN

The Red Sox bid 51.1 million dollars for the right to speak with Daisuke Matsuzaka, a pitcher for the Seibu Lions of the Japanese Professional Baseball League. That's right, just to speak with him. The highest bidding team is the only one who can negotiate with Matsuzaki's American agent Scott Boros for the chance to sign him to a major league contract and that will probably be 10 to 12 million a year over 4 or 5 years. The one hundred million dollar man! What do you think of that Steve Austin?

The owner of the Seibu Lions receives all 51 million, but it must be returned if the Sox cannot sign him. The "Monster" as he is called is the most popular athlete in Japan. He has not had an earned run average over 3.97 in his seven years of professional ball. Along with golf, the Japanese are mad for baseball. Seventy thousand showed up for the 1998 Koshien High School Tournament when Matsuzaka was a seventeen year old senior. In the Quarterfinals he threw 250 pitches in a seventeen inning win. The next day he was the reliever in a come

from behind victory. In the final he did no less than throw a no-hitter for the championship. This is the stuff that legends are made of.

The Red Sox are looking to gain a lot of this money back in merchandising. Sox paraphernalia may make downtown Kyoto, (which, by the way, is Boston's sister city in Japan) look like Yawkey Way on a summers day. This may also mean an influx of Japanese tourists to Boston which will also be a boon to the local economy. That happened in Seattle when the Mariners signed Japanese superstar Ichiro Suzuki. He went on to become Rookie of the Year and Most Valuable Player in 1999, the first one to accomplish such a feat since Red Sox Fred Lynn did it in 1975. Let's hope Matsuzaka can be that kind of player.

Baseball has never really caught on in the rest of the world. Japan for sure, Mexico, Cuba, and Central America. Look at every Major League roster and they are packed with Latino players. Our own home town hero, David Ortiz is from the Dominican Republic. There have been lots of Canadians, a few Australians,

but this has mostly remained a North American game. But then so was American Football until a few years ago and now there is a professional European League which has become successful.

Soccer, or football as it is called by everyone but Americans, is the most popular sport in the world. Maybe it is because all you need is a ball and the rules are simple. I have taken friends from overseas to a game at Fenway and many have fallen asleep. The rules can be difficult to understand. On the other hand I have taken many American friends to rugby matches and to them it just looked a bunch of guys piling onto each other even though the rules are similar to American football but much simpler. It is like anything. You take the time to learn it and you will enjoy it.

The most watched sporting events outside of the Olympics are probably the sports people grew up with. Soccer World Cup, the Super Bowl, Wimbledon, the Tour De France, Rugby World Cup, National Basketball Association Finals, Cricket World Cup top the lists. The World Series



is not there yet.

Relatively speaking, as a sport baseball is quite young. It sprang from the English and Gaelic games of cricket and rounders. Abner Doubleday is often credited with inventing the game in 1839 although the actual beginnings are in doubt. We do know that the first professional baseball team, the Cincinnati Red Stockings were formed in 1869. Rules have been changed and amended over the years to what we have today.

This past season the inaugural World Baseball Classic was played. This is a brand new concept developed by Major League Baseball to showcase the game world wide. There were the usual teams from the Americas, Caribbean and the Far East, but also participating were teams from South Africa, the Netherlands, Italy and Australia. It was played over 18 days in March in 8 different venues from Phoenix to Tokyo and San Juan to San Diego. This was supposed to be a walk in the park for the United States, but countries like the Mexico, Dominican Republic, Venezuela and Panama fielded strong teams, and in the end it was Japan and Cuba in the Champion-

ship Game. Japan won on the strength of the pitching arm of Matsuzaka and he was named the Most Valuable Player of the tournament. He pitched four scoreless innings in the Final and ended with a 3-0 record and an earned run average of 1.38. Suzuki played right field and hit .364

Many in the U.S. have called it a failure. I hope that is not sour grapes because over the 18 days more than 730 thousand fans watched the games live, and let's face it Japan doesn't think it was a failure. Of course, with anything, changes will be made for the better and this tournament may be the baseball series of the future. We will see.

So if American Football can be popular in Europe and we now have soccer moms instead of hockey moms, who's to say baseball can't become just as popular. If we can have a Suzuki and a Matsuzaka from Japan whose to say someday the Red Sox center fielder won't be a Schultz from Germany or a Corleone from Italy or even an O'Flynn from Ireland.

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## The Elderly Commission On TV

The Elderly  
Commission is  
*LIVE* in your  
living room every  
Tuesday at 3:30  
p.m. on Channel 9!

Find out what's  
going on with  
Boston's seniors.





*Commissioner Greenberg practices humility and Russian at the Annual Holiday Extravaganza hosted by Mel Goldstein at the Hyde Park Municipal Building*



*Mayor Menino reads over Mary Frasca's Memior at the Parkman House.*



*Legs legs and more legs!..The Gorgeous Joe Bridges Santas at the Holiday Extravaganza*



*Cecile lights up the room with her famous smile at the annual crafts bazaar in City Hall*



*Bridget Manganelli tests out her pipes at the Advisory Council holiday party*



*South Boston gang all smiles for the camera!*





*Commissioner Greenberg and Janet Spence celebrate at the Mayor's Advisory Council Holiday Party*



*Mayor says hello to friends at the Holiday Extravaganza*



*Senate President, Robert Travaglini with North End pal at Italian Heritage event*



*Commissioner Greenberg and pretty lady in red Carmen Pola cut a rug at the holiday party.*



*Lois Epps and friend sparkle as usual!*



*Forever young Ernie Deeb with his new pal and Fire Commissioner, Roderick Fraser.*





Mildred Bland of Jamaica Plain joins Boston 148th centenarian! She just turned 100 years old! Happy Birthday Mildred!



Mayor Menino serves lunch at the Hyde Park Extravaganza



Peggy Zaremski, Anna Tricinski, Genevieve Zaks, Kaye McKenna at the Kay Club



Upcoming novelist Patricia Beckles of Roxbury and her handsome husband attend the Taste of Grub fundraiser at the Parkman House where she reads her unforgettable memoir



Luz Elena Tirrado entertains at the fabulous event, El Jolgorio.



Commissioner Greenberg with Joan Shivers





Commissioner Greenberg chats with Mary Dimarco of Dorchester at the K Club Christmas Party



Mayor Menino is on his best behavior on stage at the Boston tree lighting with you know who!



Mamie Johnson crochets her beautiful wears at the crafts fair in City Hall



Michelle Seaton memoir project instructor at Taste of Grub Fundraiser with Joseph and Helen McHugh of South Boston



South Ender Blackfoot Warrior in traditional full dress



Bob Crane (left) Barbara Scofield and Mel Goldstien sing their hearts out at the Holiday Extravaganze in Hyde Park



*Here's wishing you a healthy  
and happy New Year!*



from



**Mayor Menino**

**Commissioner Greenberg  
and the**



*Elderly Commission staff*

